Senate Resolution No. 2894

BY: Senator SEPULVEDA

LEGISLATIVE RESOLUTION recognizing October 2022, as Healthy Lifestyle Month in the State of New York

WHEREAS, It is the sense of this Legislative Body to acknowledge months which promote healthy living and exercise; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body is justly proud to recognize October 2022, as Healthy Lifestyle Month in the State of New York; and

WHEREAS, Lifestyle Lifespan was founded by Sheikh Musa Drammeh, who truly believes lifestyle is responsible for most of the Bronx's and other borough of New York's health problems and contributes to widening health disparities; and

WHEREAS, The Lifestyle Lifespan campaign was established to promote a healthy lifestyle and create a platform in which health and wellness issues can be discussed and subject expertise shared; and

WHEREAS, Through partnerships with various religious organizations, schools, government agencies, private businesses, healthcare experts, celebrities, stakeholders and interested individuals, Lifestyle Lifespan is a campaign that encourages healthy consumption, healthy relationships and physical activity; and

WHEREAS, Lifestyle Lifespan facilitates all facets of lifestyle issues in relations to health and wellness for individuals and families through competitions, conventions, sports events, research and forums such as exercise classes, diet and nutritional session, home and environmental health practice, personal hygiene and mental, as well as spiritual health and wellness discussions; and

WHEREAS, Lifestyle Lifespan encourages each individual to be responsible and accountable for their own decisions, and to make better choices, leading to a healthier lifestyle, and ultimately, a more productive and vital New York; and

WHEREAS, Since its inception, Lifestyle Lifespan has moved the communities of the Bronx and ultimately New York State, in a healthier direction; and

WHEREAS, Throughout the month of October and beyond, Lifestyle Lifespan encourages children and families to get up, get out and be active; individuals who have pledged to maintain a healthy lifestyle must be aware of their consumption and physical and mental condition; and

WHEREAS, It is fitting to set aside months which encourage a healthy lifestyle for people of all ages, and, in doing so, enhance the health

and welfare of the entire State of New York; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to recognize October 2022, as Healthy Lifestyle Month in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to Sheikh Musa Drammeh, Founder, Lifestyle Lifespan.